BEING PRODUCED THROUGH A HEALTHY BODY AND A SOUND MIND

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The school is such a perfect venue for a child to learn the attainment of a healthy body and a sound mind. The teacher in particular plays a vital role in realizing this goal.

The physical body and mind comprise the important parts of a human person. The benefits of a healthy body and a sound mind are constructive in achieving the following in the field of education:

A physically-fit learner. A learner is expected to be physically strong. It is in school where the student is instructed to achieve a well physical condition and care for oneself.

A happy learner. Happiness may contribute to a healthy body and sound mind. If the students are trained to face life with optimism and joyful attitude then the reflection would be on the body and mind.

A focused learner. A learner who is taught to focus on a certain work with full attention will be able to finish the work well. Thus, this will not stress the student instead the accomplishment of a thing at a time will not burden his physical body and will certainly enrich the mind.

An active learner. A learner who actively participates in the class is better than the one who is passive. The vitality of a student will manifest and for sure the person’s mind will function well if the proper utilization of body and mind may be realized.
An intelligent learner. A person who uses one’s intelligence will certainly function well for this individual will think better. Intelligence may be well emitted if the child is instructed to protect one’s body and to think better.

A positive learner. Once a student is positive this will release good physical condition and it will affect the way the student thinks and vice versa.

An achieving learner. A learner is thought to be an achiever. If the learner is trained to be an achiever then it will reflect how the person feels, projects and thinks. To be an achiever, a child’s physical and mental condition should be sound.

An enthusiastic learner. A learner who has a strong interest will excel in studies. The learner who is enthusiastic emanates good body and sound mind. On the other side of the coin, a good body and mind may boost one’s interest.

A teacher must consider these things in order to help the students accomplish a lot of things through a good body and sound mind.

References:

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